

The Mid Towner



BULLETIN OF THE ROTARY CLUB OF CHANDIGARH MIDTOWN : R.I. DISTT. 3080

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Club No. 15228

PROGRAMME

Volume XXXIV No. 09

August 26, 2009

Installation of Rotaract Club Chandigarh Midtown Followed by Cultural Programme & Fellowship Chief Guest: PDG Yoginder Diwan

Friday, August 28, 2009

Time: 7.00. PM

Venue: Hotel President, Sector 26, Chandigarh.

Swine Flu

In the meeting on August 21, 2009 President Gurdip S. Deep said we have an imminent medical professional to talk to us about the 'Swine Flu'. He requested PP Dr. S.K. Sharma to introduce Dr. K.K.Gombar, Medical Director of Inscol Hospital, Sector 34, Chandigarh, who is also Director, Critical Care & Anesthesiology. He did his MBBS from Delhi University and MD from PGIMER, Chandigarh. He has professional experience of more than 26 years in various medical institutions of the country, including eleven years as Professor and Head of the Department of Anesthesia and Intensive Care at GMCH, Chandigarh. He has been visiting professor to University Hospital, Innsbruck, Austria and has trained more than 30 postgraduates in anesthesia.

Dr. Gombar said swine flu is respiratory disease of pigs caused by Influenza A viruses. Most commonly, swine

flu is of the H1N1 influenza subtype. However, they can sometimes come from the other types, such as H1N2, H3N1, and H3N2. The current outbreak of swine flu that has infected humans is of the H1N1 type - this type is not as dangerous as some others. Outbreaks of human infection from a virus which came from pigs (swine influenza) do happen. Symptoms will generally be similar to seasonal flu - this can range from mild or no symptoms at all, to severe and possibly fatal pneumonia.

As swine flu symptoms are similar to typical human seasonal flu symptoms, and other upper respiratory tract infections, detection of swine flu in humans often does not happen, and when it does it is usually purely by chance through seasonal influenza surveillance. If symptoms are mild it is extremely unlikely that any connection to swine influenza is found - even if it is



Dr. K.K. Gombar, Medical Director, Inscol gave an impressive multimedia presentation on swine flu



Rtn. Dr. Rita Kalra presents a memento to Dr. K.K. Gombar

there. In other words, unless the doctors and experts are specifically looking for swine flu, it is rarely detected. Because of this, we really do not know what the true human infection rate is.

Symptoms of swine flu are like regular flu symptoms and include fever, cough, sore throat, runny nose, body

aches, headache, chills, and fatigue. Many people with swine flu have had diarrhea and vomiting. Nearly everyone with flu has at least two of these symptoms. But these symptoms can also be caused by many other conditions. That means that you and your doctor can't know, just based on your symptoms, if you've got swine flu. Health care professionals may offer a rapid flu test, although a negative result doesn't necessarily mean you don't have the flu. Tamiflu and Relenza are the medicines available to prevent and treat swine flu.

Like seasonal flu, pandemic swine flu can cause neurologic symptoms. These events are rare, but, as cases associated with seasonal flu have shown, they can be very severe and often fatal. Symptoms include seizures or changes in mental status (confusion or sudden cognitive or behavioral changes). Only lab tests can definitively show whether you've got swine flu. State health departments can do these tests.

Cover your cough or your sneeze, wash your hands frequently," advised Dr. Gombar.

Influenza can spread in coughs or sneezes, Alcohol-based gel or foam hand sanitizers work well to destroy



Dr. K.K. Gombar gives a gift to birthday boy PDG Shaju Peter



President Gurdip Deep announces the Punctuality Award which goes to Rtn. Maj Gen. A.S. Kahlon

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viruses and bacteria.

Anyone with flu-like symptoms such as a sudden fever, cough or muscle aches should stay away from work or public place and should see a doctor.

Formal vote of thanks was proposed by Rtn. Dr. Rita Kalra. On behalf of the club she thanked Dr. Gombar for his impressive talk, giving valuable information on the subject.

No Panic Please!

Panic spreads faster than the virus

Twenty people have died from the flu here, according to government numbers available Friday, and 1,283 have been confirmed infected in this nation of 1.2 billion people. But panic of the flu has outpaced the virus itself.

"The amount of frenzy or hysteria is totally disproportionate to the overall reality of the disease," said Dr. Jai Narain, the Head of the Regional Communicable Disease office for the World Health Organization.

Breathless reports of swine flu have dominated India's 24-hour news channels desperate for stories amid the August doldrums. That in turn has helped whip the public into a frenzy, even in cities with relatively few cases of flu.

In New Delhi, where no deaths have been reported, people have begun wearing surgical masks in the street. In Lucknow, parents demanded their children be tested. Many who did venture out wore surgical masks, despite a shortage that sent the price of a single mask skyrocketing from 5 rupees 150 rupees!

"We are augmenting the resources in Pune to handle the situation. However, we appeal to people not to panic," said Chandrakant Dalvi, a city official.

In response to the outbreak, India's government has set up testing centers around the country and plans to increase its stock of the anti-viral drug Tamiflu to 30 million doses, the government said. But officials have also asked people to stop wearing surgical masks in the

street unless they or a family member are infected.

"I cannot see anything to panic about," said Dr. Jayaprakash Muliyil, a Professor of Epidemiology at Christian Medical College in Vellore. "These kinds of rumors are not good for the health of the nation."

The fatality rate from the virus is relatively low. Yet the swine flu has garnered far more attention than India's raft of other health problems, including tuberculosis, which kills nearly 1,000 Indians every day, according to World Health Organization figures.

This strain of swine flu can be treated effectively with standard influenza drugs, including Tamiflu and Relenza. According to the World Health Organization, there were 177,457 cases of swine flu and 1,462 deaths across the world as of August 12.

After more than a week of feverish coverage of India's outbreak, some news organizations are now counseling calm. "Stop the panic," urged the Hindustan Times.

Worried about swine flu? Wash your hands! Common sense measures can help individuals protect themselves. Number one is hand-washing, they say -- a surprisingly effective way to prevent all sorts of diseases, including ordinary influenza and the new and mysterious swine flu virus. Wash your hands frequently! You should practice good hygiene and wash your hands with soap and water regularly and thoroughly.

(Source: Google surfing!)

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Visit to Mauli Complex

PP Rtn. D.P. Khandelia visited Government Primary School, Mauli Complex, under Alternative Innovative Education scheme of Partnership Initiative Programme of Chandigarh Administration. He found that there are number of areas in which we can help slum children to join mainstream education.

Hans Baliye!!!

- A beggar- 'Oh sundari ! Andha hoon. Sawa paanch rupaiya de de.. de de
" Husband said to his wife- De de, tujhe sundari bola hai, to har haal mein woh andha hi hoga."
- Interviewer to Millionaire: To whom do you owe your success as a millionaire?"
Millionaire: "I owe everything to my wife."
Interviewer: "Wow, she must be some great woman"
Interviewer: "What were you before you married her?"
Millionaire: "A Billionaire"

Wedding Anniversary Greetings

R'ann Sonal & Rtn. Atul Grover



September 01

PUNCTUALITY DRAW :

Rtn. Maj. Gen. A.S. Kahlon

Micro Loans

Vice President Arjan Singh is happy to inform that in the past one month we have given two micro loans. The following two beneficiaries have been recommended by PDG Yoginder Diwan of Parwanoo.

Mr. Mangal Sen who runs a canteen at RVCC, Parwanoo. He has been given a loan of Rs. 20,000/- for the purchase of a water bottle cooler which will be an added asset for his canteen.

Mrs. Geeta Sharma has been give a loan of Rs. 20,000/- for purchasing a knitting machine. She knits garments from home and sells them on order.

All Rotarians are requested to forward names of deserving borrowers whom we can help in setting up enterprises.

Birthday Greetings

Rtn. Vijay K. Gupta

PP Rtn. Pallav Mukherjee

Rtn. J.S. Bawa



August 29

September 02

September 03



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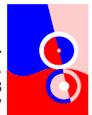
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